

# Live Well - Be Well

## UFC Pays Tribute to Long-Term Member Paula Romano

By: Jonelle Faust



One thing I have learned is the importance and significance of relationships in our daily lives. I think today's society takes for granted how accustomed we get to seeing people on a daily basis. When they are gone, their absence in our hearts and minds becomes too real.

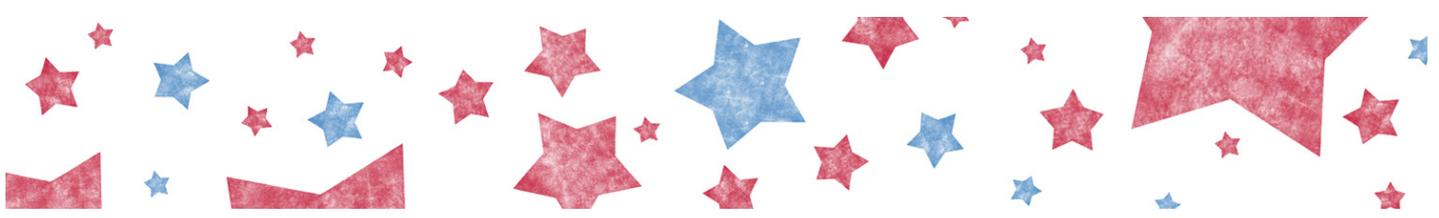
As part of the staff here, I don't think our members (including our medical students) realize that they become extensions of our family. I don't want to speak for the entire staff, I know I get used to seeing the regulars coming in at their usual times, and yes, I know we all worry when we don't see a member's friendly face. We get to know all of you through daily "Hi's" "Byes", we ask how your loved ones are doing, we ask how your away rotations are going, if you are eating well, and where you will be going for the holidays, vacations, and for residency. In all honesty, I can say I dread Florida Snowbird weather and the month of May. With the bulk of our population being medical students, residents, and fellows whom we have grown to care about, want to see succeed and be happy, disappear to their next big endeavor in life. Not only is there sadness from our end, but also seeing the friendships that have developed amongst medical students knowing they are heading into different directions. Our staff has come to appreciate all of you, from young to old, you brighten our day and our moods, and all of you give us something to look forward to coming to work. As Marcel Proust says, "Let us be grateful to people who make us happy, they are charming gardeners who make our souls blossom". Relationships give us a reason to live and we are so fortunate to have been blessed to meet and have the chance to get to know you. Thank you for letting us be part of your lives.

Along with developing rapport with our members, as Exercise Physiologists we develop strong rapport with our clients. We easily get attached, and we notice when our clients are having an "off day", "not feeling so strong", and "I really don't want to be here" attitude. It was very ironic that Paula Romano received a nomination for Live Well - Be Well. As a long-term member, (literally for decades!), Paula will be leaving us as a member to move closer to family in the Philadelphia area. Her friendly face, her smile, and her personality will be greatly missed by everyone here. She has utilized our personal training services for years and has a strong rapport with our staff. She has worked with Rob Mikesell for over 10 years in personal training.

### Paula's Words of Encouragement and Inspiration:

"I've always been active, not necessarily physically fit. I always enjoyed being outside, walking my dog." Paula has a Jack Russell; any dog person would know that Jack Russells are energetic. Paula knew with getting older, maintaining physical fitness was important. The UFC was a great way to implement it. Through working out and meeting with a personal trainer Paula has improved her strength (especially with handling her Jack Russell) and her balance has also improved. She has been able to maintain her weight loss with ease. She encourages older folks with serious disabilities to utilize physical therapy and personal training services. "I've had the good fortune to have worked with a great personal trainer - Rob! He "adjusts" the workout even when I complain."

Another tip and words of encouragement she offers everyone, "Schedule - Schedule - Schedule! Otherwise it is easy to cancel or postpone that trip to the gym. Committing to an exercise program can really be a life changing decision". She has seen results from using a personal trainer. "I've had several major medical problems and my workouts under Rob's supervision have been crucial to my recovery and getting back my health."



Although she is leaving us, Paula plans to continue to stay fit. “There’s a fitness center right there, four floors beneath my apartment. They have a busy schedule of classes and workouts”. She plans to walk her dog around the grounds of her development.

Along with hearing Paula’s inspiring thoughts, I thought it would be interesting to hear from her Personal Trainer and friend, Rob Mikesell.

Rob’s Thoughts on Working with Paula

I have worked with Paula for over 10 years and it has always been such a pleasure. She always comes to the UFC with a smile on her face and she puts one on every person she meets. She has always worked hard during her sessions and has stayed focused on her goals.

Paula has endured a lot through the years, but has always made a point to make physical activity part of her life. She has always been determined not to let whatever was happening to her, get her down or off track. Sometimes it was not always fun, but I feel her staying physically active has kept her strong in both mind and spirit.

I will miss her tremendously. She has been a fantastic client and a great friend. I wish her nothing but the best during this new chapter in her life.